



Hints For Health

- Eat a variety of foods.
- Get plenty of grain foods, fruits, and vegetables.
- Bake, broil, and boil for more healthful meats with less fat.

- Take a walk with your kids or use the stairs instead of the elevator.
- Eat at least three meals a day.
- Balance your diet. Rather than eliminating your favorite treats, reduce your portions.
- When making changes in your family's eating habits, start with just one and let them adjust.

The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project comes from the United States Department of Agriculture (USDA).





Eat for Health:

It's All About You
and Your Family, Too.



Food gives you energy, keeps your kids healthy and tastes great — all at the same time!

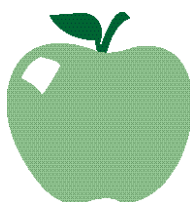
Dinner is a good place to start.

- **Fix a fruit or vegetable every night.** Fruits and vegetables are easy to buy and store. If you're short on time, frozen or canned fruits and vegetables are quick to fix. Mix your favorite fruits for a salad or have a fresh piece of fruit for a low-cost dessert. Try a new fruit or vegetable every month — you might be surprised how many your kids like.
- **Include a grain food with every dinner.** Grains include family favorites like bread, rice, macaroni, or cereal. These foods give you the energy to take care of your family. They also give your kids the energy they need to grow and play. Pass a basket of your favorite bread every night at dinner. Use tortillas, dinner rolls, or hamburger buns for sandwiches.
- **Try new ways to fix meat.** Meat is good for you, but some meats add a lot of fat that is not good for you. Bake, broil, or boil instead of frying.

Healthful Snacks for Healthy Kids

Fruits

Apples
Bananas
Grapes
Oranges
Pears
Peaches
Raisins



Kid-pleaser tip: Make a healthful "fruit-sicle" for older kids by freezing washed grapes or peeled bananas in plastic bags.

Vegetables

Broccoli pieces
Carrot sticks
Cauliflower pieces
Celery sticks
Cherry tomatoes
Cucumber slices
Tomato slices



Kid-pleaser tip: Kids can dip veggies in salad dressing or peanut butter.

Grain foods

Bread sticks
Cinnamon toast
Dry cereal
Graham or animal crac
Hard pretzels
Large, soft pretzels
Rice or popcorn cakes



Kid-pleaser tip: Make a smiley-face sandwich with sliced grapes as the eyes and a mouth made out of raisins.

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